

**VERWL Next Fixture: 22nd/23rd May**Distance choice: **5km, 8km or 10km**Performance to be registered **by Midnight on 23rd May to r.emsley@btopenworld.com***Name, age category, club and Centurion number if applicable*

The Outlook is most promising. As the Covid restrictions are relaxed again, the prospect of meeting up to race becomes more promising and optimistically plans are being made to stage a REAL seven race ERWL programme. The first two events would be 31st July and 21st August in the LICC meetings and probably be over 5km. Thereafter the provisional fixture list currently looks like this: 11th September the Moulton Five, 2nd October the Cecil Gittins Meeting at Gravesend, 16th October One Hour race, 13th November the Enfield Open 7 and 5th December ERWL 5 miles. The venues for the last three fixtures are yet to be confirmed.

Leaguer News

Congratulations to **Helen and Brian Middleton** on becoming Grand Parents. Amber Catherine was born on the 28th of February to their daughter-in-law Rachel and son Jack.

Mick Barnbrook suffering from a complicated and rare Heart condition was hospitalised in more than one hospital over a five week period. He is now back home and he has expressed his gratitude to the many race walkers who sent him get well messages. He tells me that he wont be racing again, but will be endeavouring to get to a ERWL fixture at some stage to meet again his many friends.

George Wilkinson travelled to Leeds for a 10km road race promoted by the National Race Walking Centre on 24th April. The race winner was Tom Bosworth in 40.46 George finished the last of the four men who started in a respectable 46.41.

Ann Sayer MBE - A Message from Chris Flint

I attended Ann's memorial service at The Wharf, Teddington, suitably held on a pontoon and her ashes were scattered into the River Thames, a nice link with her rowing career. I said a few words on behalf of The Centurions and told a few anecdotes to the small gathering of 15 (the largest number permitted). Gail and John Erik were also present as representatives of the Long Distance Walkers Association. It was a nice service followed by tea and cakes in the open which was a bit chilly but in a lovely Springtime setting. Ann's relatives have sorted a lot of Ann's papers and today gave me for safe keeping her Continental Centurions medal and a small trophy. They also have a large collection of Race Walking Records going back to the 1970's. Would anyone be interested in having them? Ann's relatives have stated they would be keen for old editions of Race Walking Record to be handed over to someone interested in race walking. Thought you would like to know about the service and our thoughts are very much of Ann's extraordinary athletic career and her kindness towards everyone. Her MBE was richly deserved. *Chris Flint c849.*

Virtual League tables *So far 81 walkers from 36 clubs have participated in the series.*

Ladies	Men	Masters Category leaders	
1. 374/5 Jacqueline Benson <i>u23</i>	1. 396/5 Jonathan Hobbs	35 -----	-----
2. 370/5 Millie Morris <i>u20</i>	2. 364/5 George Wilkinson <i>u20</i>	40 -----	David Crane
3. 311/5 Grazia Manzotte	3. 351/5 Chris Hobbs	45 Emma Dyos	-----
4. 303/5 Fiona Bishop	4. 348/5 David Kemp	50 Grazia Manzotte	Marco Bernatzki
5. 298/5 Helen Middleton	5. 345/5 David Kates ©	55 Diane Bradley	Mark Williams
6. 288/5 Cath Duhig ©	6. 339/5 Mark Williams	60 Fiona Bishop	David Kemp
7. 273/4 Diane Bradley	7. 335/5 Richard Emsley	65 Cath Duhig ©	Chris Hobbs
8. 257/5 Karen Williams	8. 333/5 John Ralph	70 Noel Blatchford	Dave Kates ©
9. 245/4 June Avery	9. 325/5 Dave Annetts	75 -----	Chris Flint ©
10. 235/5 Diana Braverman	10. 311/5 Paul Gaston	80 -----	Tom Casserley

Team Table

1. EHAC	1832	364 Wilkinson, 333 Ralph, 303 Bishop, 298 Middleton, 273 Casserley, 261 Walsh
2. Ashford AC	1523	396 Hobbs J, 374 Benson, 370 Morris, 351 Hobbs C, 32 Harding
3. Surrey WC	1497	311 Gaston, 305 Crane D, 286 Cox, 227 Flint, 196 Martin A, 172 Martin M.
4. Ilford AC'	1226	345 Kates, 223 Morgan, 200 Dyos, 197 Shillabeer, 183 Bennett, 78 Perkins.
5. Birchfield H	836	339 Williams M, 257 Williams K, 217 Fall, 23 Barnett.

2021 Virtual ERWL Race 5 Result - 24th/25th April

Progress continues as more pb's are posted and walkers extend their distance. I hope that these improved performances are not the result of lax or dubious techniques and a glance at Jurgen Spencer's advice on page 3 might prove helpful in ensuring that they are not. There will be an opportunity to improve again will on 22nd/23rd May.

Lots of appreciation expressed for the improved weather conditions, even though it did mean having to dodge more pedestrians who were also out enjoying it, and special mention for June Avery who walked with a broken wrist.

An interesting entry for the last VERWL fixture was one from a Nancy Whiskey, which took my thoughts back to the early days of R & R and skiffle music in the early sixties, of programmes like 'Six Five Special' and 'Juke Box Jury' and skiffle groups like Lonnie Donegan and Chas McDevitt. The female vocalist for the latter was a Nancy Whiskey. What a coincidence I thought, until I read the comment "I was going like a train", I realised it was a ruse; Nancy Whiskey had a hit with a song entitled *Freight Train*. I suppose I could be wrong and who knows, if she turns up at a real race in the future, I will have to eat my words.

10km men

1	George Wilkinson	(Enfield H AC)	46.40	U20
2	Jonathan Hobbs	(Ashford AC)	49.46	SM
3	David Crane	(Surrey WC)	50.24	M40
4	Mark Williams	(Birchfield H)	54.40	M55
5	David Walsh	(Enfield HAC)	59.13	M60
6	Chris Hobbs	(Ashford AC)	63.44	M65
7	David Kates ©	(Ilford AC)	63.47	M70
8	Richard Emsley	(Crawley S & S)	65.29	M65
9	Keith Vallis	(Overton H)	65.35	M55
10	John Ralph	(Enfield HAC)	67.01	M60
11	Paul Gaston	(Surrey WC)	67.37	M70
12	Stuart Bennett ©	(Ilford AC)	67.45	M60
13	John Borgars ©	(Loughton AC)	69.12	M75
14	Andrew Cox	(Surrey WC)	69.28	M65
15	Tom Casserley	(Enfield HAC)	72.00	M80
16	Marco Bernatzki	(LA Hertens/Germany)	76.04	M50
17	Brian Adams ©	(Leicester WC)	79.53	M70

8km

1	Simon Morgan	(Ilford AC)	54.55	M50
2	Chris Flint ©	(Surrey WC)	59.36	M75
3	Malcolm Blackwood	(Trent Park)	59.56	M70
4	Brian Milsom	(unattached)	61.30	M75
5	Steve Kemp ©	(Eastern MAC)	64.52	M60
6	Tony Cotton	(BRJ Run&Tr)	67.58	M80
7	Terry Braverman	(Enfield HAC)	70.55	M75

5km

1	Francisco Reis	(Surrey WC)	24.48	M60
2	David Annetts	(North Herts R)	26.45	M55
3	David Kemp	(Arena 80)	28.29	M60
4	Jonathan Ellerton	(Blackhth/Brom)	30.29	U17
5	Malcolm Martin	(Surrey WC)	30.30	M65
6	William Misner	(unattached, USA)	31.47	M80
7	Greg Smith	(Lancs WC)	32.08	M65
8	Tony Bell	(Lancs WC)	33.00	M55
9	Ken Bobbett	(Surrey WC)	33.12	M75

10km women

1	Millie Morris	(Ashford AC)	53.57	U20
2	Jaqueline Benson	(Ashford AC)	58.26	U23
3	Emma Dyos	(Ilford AC)	58.46	W45
4	Dianne Bradley	(Tonbridge AC)	62.02	W55
5	Fiona Bishop	(Enfield HAC)	65.51	W60
6	Helen Middleton	(Enfield HAC)	66.28	W55
7	June Avery	(Clwb Rhedeg Pontardawe)	74.32	W60
8	Kathy Crilley ©	(Surrey WC)	83.07	W70

8km

1	Grazia Manzotti	(Tonbridge AC)	49.22	W50
2	Angela Martin	(Surrey WC)	59.37	W55
3	Diana Braverman	(Enfield HAC)	61.23	W65
4	Karen Williams	(Birchfield H)	62.24	W65

5m

1	Sarah Sowerby	(unattached)	31.41	W55
2	Cath Duhig ©	(CA Millennium, Spain)	33.50	W65
3	Rachel Harding	(Ashford AC)	34.24	U20
4	Noel Blatchford	(Abingdon AC)	34.28	W70
5	Sue Clements ©	(Cambs/Col'ridge)	39.58	W65
6	Tracey Wilkinson	(unattached)	40.30	W55

Men's 5km continued

10	Glyn Jones	(Coventry Godiva)	34.06	M75
11	Jurgen Spencer	(Maidenhead AC)	34.25	M80
12	Tony Wilkinson	(unattached)	34.56	M55
13	Shaun Lightman	(Surrey WC)	38.03	M75
14	David Fall	(Birchfield H)	38.18	M75
15	Peter Crane	(Surrey WC)	39.02	M75
16	Mick Graham	(Belgrave H)	44.01	M70
17	Bill Sutherland ©	(Highgate H)	44.30	M75

Fifth Fixture Comments

June Avery	<i>I was walking with a broken wrist in plaster, hence my slow time.</i>
Jacqueline Benson	<i>Nice that the weather is starting to get better, I can now wear my shorts without being completely frozen.</i>
Marco Bernatzki	<i>A perfect day for long training. I took a chance to do a 17km walk and this was my fastest split.</i>
David Crane	<i>The furthest I've walked since the 2019 EO7! Very pleased with the performance</i>
Diane Bradley	<i>So nice to have a glorious yet a little breezy day in Kent.</i>
Diana Braverman	<i>On our regular circuit around Stow-cum-Quay and Bottisham It was a Joy to see the spring blossoms.</i>
Kathy Crilley	<i>Possibly one of my slowest 10kms – busy dodging people, cyclists, prams and dogs in Hyde Park.</i>

Richard Emsley	<i>Slow time! Hayfever season in full flight.</i>
Chris Flint	<i>Better time than my previous efforts despite strong north easterly wind off the sea courtesy of Mr.Putin.</i>
Mick Graham	<i>This virtual lark has got me off my backside.</i>
Glyn Jones	<i>A late sunny, Saturday afternoon, not a cloud to be seen. Quite warm, only a slight breeze.</i>
David Kates	<i>22 laps of the station car park, watched by a curious red fox from the local woods. I'm starting to see hundreds of empty white grids in my sleep.</i>
David Kemp	<i>Thanks for organising this virtual series. It's providing a great incentive to keep training.</i>
Helen Middleton	<i>It doesn't get any easier, does it?</i>
Greg Smith	<i>This was done in brilliant sunshine and a cool breeze on the same lap on an industrial estate in Bury, that I use for the weekly virtual 2km.</i>
Grazia Manzotte	<i>Such a lovely Sunny morning. I really enjoyed the virtual race this morning as I had Diane Bradley for company</i>
Bill Sutherland	<i>The 5km went really well amongst a large park run crowd out training at Finsbury Park.</i>

Jurgen Spencer arrived in the UK at the end of June in 2019 and now lives in Maidenhead. Due to the Covid Lockdown his only actual race since arriving has the 2019 Maidenhead ½ marathon in which he clocked 2hrs 32 mins. He was unknown to me before the VERWL competition got underway, but that was not the case for quite a number of UK walkers. He informed me that, "When I came to visit in England from South Africa for the Olympics in 2012, I walked a 10 km Track Championship race in Oxford. Among the competitors were, Arthur Thomson, Ian Richards, John Hall, David Bowker, Ron Powell, Ken Bobbett, Steve Allan, Edmund Shillabeer, Helen Middleton, Cath Duhig, Judi Howard and another ten or so other Master Walkers. I'll be 81 this year and would love to meet some of these walkers again and compete with them before being forced to retire eventually". The opportunity to do just that may not be too far off.

Jurgen immigrated from Germany to South Africa in 1972 and quite by accident some fourteen years later he discovered race walking. The occasion was the 1986 'Chamber of Mines' track & field competition, where he stepped in as a replacement and finished fourth and finding the experience rewarding, decided to take up race walking seriously.

In the following years he won numerous SA Masters titles and set 18 national records spanning six age categories, but his most enduring achievement was in the 1997 World Masters championships staged in Durban, when registering a double gold success in the M55 5km track and road 20km with respective times of 23.52 and 1.45.16.

During the 1987/88 athletic season Jurgen passed his level one coaching qualification and was active as competitor and coach throughout South Africa until the end of 2000, when a hip problem curtailed his activities. Nevertheless, he has continued to coach as best he can, mainly by regularly circulating a letter containing hints, advice on how to improve technique and training sessions, to a substantial mailing list. Set out here is an extract from a recent mail out, which might be helpful as we race without being judged.

It is good RW strategy to make technique checks as you are training and racing. Carry on a question and answer dialogue with yourself. Here is a selection to work on.

- Is my posture perfect, spine straight, shoulders relaxed?
- Is my head up, ears, hips, ankles aligned?
- Is heel contact under my hips?
- Are my feet pointed forward and am I walking "online"?
- Am I rolling from heel to toe in a smooth, unbroken motion?
- Am I pushing the ground back with my forefoot and my toe pads?
- Do I raise my toes sufficient on heel strike?
- Are my legs straight from touchdown to the upright support position?
- Is my stride shorter in front than at the back?
- Am I moving my hips back and forth evenly/symmetrically?
- Am I completing my front /back hip rotation?
- Can I feel my hip drop on weight transfer, leg to leg as I am walking?
- Am I holding my abdominal muscles in?
- Do I feel my waistline twist from my arm and opposite hip action?
- Are my wrists and elbows swinging close to my body?
- Do my hands stop in front and not cross my body centre?
- Is my arm angle constant at 85/90°?
- Is my back swing full and aiding my forward progression?
- Does my wrist extend just behind my buttocks during the backward swing?
- Am I focused, eyes up 15 m looking in front?
- Are my hands relaxed, thumbs resting lightly on my index fingers?



Use these questions one at a time. Once you reach perfection, put it into your memory bank. Stay safe and well.

Oops! Barbara – Get Well Soon!

Whilst John Ralph was doing the Easter VERWL race, his wife Barbara suffered a heavy fall whilst out training and finished up with a broken wrist, head, and facial injuries along with abrasions to her shoulder and knee, which required a three-day stay in hospital. I am glad to report that Barbara is making some progress, but with so many injuries, it's a slow process.

Only last autumn Barbara (often on duty as a Judges Runner at ERWL events, completed her 30th London Marathon, albeit a virtual one, after which she received a special medal recognising the achievement.

Dear Friends of Mary Worth,

It has now been confirmed that Mary's ashes will be interred at St.Nicholas Church, Church Green, Harpenden AL5 2TP, on 3rd July at 12 noon alongside her husband Peter. This will be a simple service – probably lasting about 10 minutes or so – taking place in the Garden of Remembrance there.

Kind regards, David Worth

Mary Worth R.I.P. who passed away earlier this year had an athletic career spanning over four decades during which she represented the famous London Olympiads and Steyning AC. She won medals at master's World and European championships to compliment the many awards she won in domestic competition.

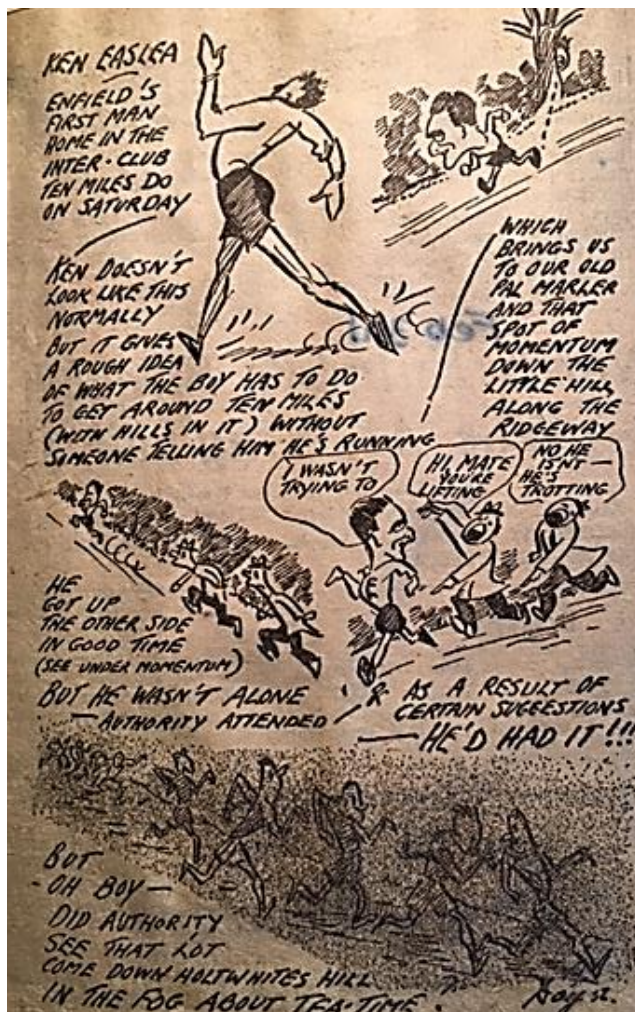


Mary was the widow of Enfield's International ultra-distance walker Peter Worth, who served as RWA President, as both RWA Treasurer and RWA Southern Area Treasurer and served as Centurions Captain and a Vice President.

A bit of history and Nostalgia - Looking Back 1956

(Thanks to Pat Furey from whose scrapbook this information is extracted)

Ken Easlea depicted in the cartoon had three top six finishes in the Enfield Open 7 and won nine 7 miles club championships which were held in conjunction with the Open. Ken's father Norman raced in the inaugural Open 7 in 1920 and became a renowned athletics official. The cartoon and race report appeared in the Enfield Gazette.



Enfield Athletic Club's biggest inter-club road walk for a good many years was staged on Saturday 3rd February from Chase Side School, over the club's 10 mile course. Despite damp, foggy conditions, 55 walkers turned out and the field included three of Britain's Olympic "possibles" for the Melbourne Games in November. See footnote.

Two of them, Bryan Hawkins the Southern AAA 7 mile record holder and George Coleman the British 2 mile champion, were in such cracking form that they beat the course record by no less than 19 seconds, after staging a dead-heat for first place. The field set off along Chase Side and after ascending Windmill Hill were in the lead together with Len Evans one of London's representatives in the floodlit match with Prague at the White City last Autumn.

The leaders dropped Evans just before half distance and the pace was such that experienced walkers like Bob Goodall former national 20 mile champion and Don Thompson the London to Brighton champion were left well in the rear.

Hawkins and Coleman being well satisfied with their effort decided to stage a dead-heat for individual honours, finishing some 80 yards ahead of Evans who was only two seconds outside the course record in third place.

Of the local team, Ken Easlea did best and his 85.19 for the 10 miles was his best over this course for at least two years. A.W.Marler suffered disqualification just over a mile from the finish when well-placed and Jessie Hayward experienced a bad time in the closing stages when he lost quite a few places.

At the Melbourne Olympics George Coleman was 7th/94.01 in the 20km. Don Thompson in the 50km succumbed to the heat and didn't finish. Four years later he became a national hero as the only Briton to win gold at the Rome Olympics.

This newsletter gives the briefest information about the ERWL and more detailed results and a broader perspective of the race walking scene is available from the Race Walking Record, the Essex Walker and Heel and Toe. **keep up to date with**

Race Walking Record

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Essex Walker

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